

Xaqiiqda // Khamriga iyo rabshadaha

Rabshaddu waa mid qofka u keenta dhibaatooyin aad u waaweyn, taasoo bulshadana ku ah kharash aad u badan. Khamriga waa mid ka mid ah waxyaabaha sababa dhicitaanka rabshadaha.

Rabshado badan oo ka dhaca guryaha iyo meelaha caamka ah. Qiyaastii halkii bilyan caruurta ku nool adduunka da'dooduna u dhaxeeyso 2-17 (in ka badan kala badh caruurta aduunka oo dhan ku nool in sanadkii ugu dambeeyey loo geestay dhibaatooyin xagga maskaxda, jirka iyo kufsi ah.¹ Ururka caafimadka WHO waxa uu cadeeyey in 35% dumarka adduunka guudkiisa ku nooli mar uun la kulmeen jirdil iyo kufsi. Dhibaatooyinka ugu waaweyn ee dumarka loo geestay waa mid kaga timaada dadka dad ugu dhaw. In ku dhaw 1/3 dumarka waxaa dhibaateeya dadka ay nolosha la wadaagaan.²

Sababta ama saamaynta xaqiiqda ah?

Sida caadada ah khamrigu waa midka ugu badan oo dhaliya noocyada kala duwan ee rabshadaha iyo weliba dhibaatooyinka loo geeysto ehelka, jir- dilka caruurta iyo kufsigaba. Wadamada adduunku waa ay ku kala duwan yihiin qiyaasaha rabshadaha lamaanaha ee lala xiriiriyo cabidda khamriga, laga bilaabo 48-87 boqolkiiba.³ 1/3 ama 1/4 ayaa tilmaamaysa islamarkaasna ay iskaga mid yihiin in khamrigu sabab u yahay kufsigu.⁴

Daraasad laga sameeyey waqooyiga Tanzania ayaa cadaysay in dumarka dhibaatooyinka kaga yimaada qofka ay nolosha la wadaagaan aysan 40% khamriga cabin, halka 65% ay

yihiin kuwo khamriga caba.⁷

Waxyaaba badani waxay gacan ka geeystaan rabshadaha, tusaale ahaan habdhaqanka, xeerarka iyo caadooyinka. Baaritaano badan ayaa tilmaamaya in ay jiraan sababo caddaynaya xiriir ka dhexeeya khamriga iyo rabshadaha.

Daraasado kala duwan oo lagu sameeyay sida (shaybaarada iyo noocyo kala duwan ee barashada cudurada faafa) ayaa tilmaamaya in ay jirto sabab ka dhexeysa khamriga iyo rabshadaha.

Khamriga oo aad loo badsado waxay kordhisaa dabecadaha qalafsan, sida caadada ah ragga ayaa dumarka ka badsada cabbidda khamriga midaa ayaana keeneyisa in raggu ku badnaadaan rabshadaha.

Marka la eego heerka bulshada Sweden waxaa kuu muuqanaysa in isticmaalka khamriga lala xiriiriyo dilalka ula kaca ah, kan kama' iyo jir dilkaba ilaa iyo iminka falanqaynta taariikhda waxaa lagu ogaaday in isbedelada siyaasadda ee khamriga ay yihiin kuwa kaliya ee taariikh ahaan u muuqda in ay saamayn ku leeyihiin dhacdooyinka rabshadaha, lama arg isbedel bulshadeed kale oo xiriir toos ah la leh.⁶

Kaalinta siyaasadda ee khamriga

In uu khamrigu qayb ka yahay rabshadaha waxaa xoojinaya daraasado la sameeyay. Kuwaas oo muujinaya haddii isbedel lagu sameeyo siyaasadda isticmaalka khamriga markaa uu isbedel ku imaanayo dhacdooyinka rabshadaha.

Warbixinada uu soo saaray ururka caafimaadka

adduunka (WHO) ee ku saabsan ka hortagga rabshadaha^{8,9,10} waxay muujinayaan in talaabooyinka bulshada looga yareynayo isticmaalka khamriga xataa ay yareynayaan rabshadaha. Dhanka kale talaabooyinka kordhinaya isticmaalka khamriga sida qiimo jaban, badinta goobaha lagu iibiyo iyo xilliyada la iibiyo oo waqtiga loo dheereeyo waxay sababaan in rabshaduhu bataan.⁵

Daraasad maraykanka lagu sameeyay ayaa caddaysay in kororka qiimaha khamriga 1% ay suuragal tahay in uu yaraynayo rabshadaha lamaanaha ee lidiga ku ah dumarka 5,3 boqolkiiba.¹¹ Daraasad kale oo isla wadankaas lagu sameeyay ayaa muujinaysa 10 farqiga boqoleyda in xadidaadda siyaasadda khamriga ay xiriir la leedahay 9% in ay yaraanayaan dilalka la xiriira khamriga.¹² Qorshaha 2030 wuxuu tilmaamayaa in bartilmaameedyo badan oo wax looga qabanayo rabshadaha waxaa ka mid ah 16.2 kuwaas oo ka hadlaya sidii loo joojin lahaa dhammaan tacadiyada loo geeysto caruurta iyo 5.2 kuwa loo geeysto dumarka. Talaabo wax ku ool ah oo ka dhan ah rabshadaha la xiriira khamriga ayaa muhiim u ah si loo xaqiijiyo himilooyinkaas.

Tixraacyo

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Meelaha aan ka hawl-galno

Uruka caalamiga ah ee IOGT-NTO-rörelsens wuxuu ku hawl galaa 14 dal oo ku yaal bariga Afrika, koofur-bari Asia, Srilanka iyo Balkans. Waxaynu diiradda daarnaa khamriga kaasoo caqabad ku ah horumarka.

Faahfaahin dheeraad ah ka akhriso: www.iogtntororelsen.se/internationellt/ ama naga soo wac tel. 08-672 60 00.

Talooyin

// Ka shaqee talaabooyinka la xiriira siyaasadda khamriga kuwaas oo leh daliilo xoo-gan oo looga hortago rabshadaha. Tusaale ahaan in la kordhiyo qiimaha lagu iibsado khamriga, goobaha lagu iibiyo iyo waqtiyada la iibiyo oo la xadido iyo da'da la iibsan karo khamriga oo la xadido.

// Dhamaan dadaalada barnaamijyada gargaarka iyo horumarka ee loogu talagalay yareynta rabshadaha waa in ay si taxadir leh u falanqeeyaan doorka uu khamrigu kaga jiro xaaladahaan.

// La shaqee dadka ku howlan ka hortagga khamriga ,caadooyinka iyo sare u qaadista sinaanta.

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